

Wanda L Fatzinger

From: LVHN
Sent: Friday, January 29, 2016 12:14 PM
To: All Employees
Cc: LVH-H_MGMT_COUNCIL; SELECT_CLASS_2016
Subject: A Blizzard of Thanks, LVHN Fitness Deal

LVHN WEEKLY

Your wrap-up of the week's news from LVHN Daily.

Terry's Take: A Blizzard of Thanks

Our COO recognizes colleagues who worked through the storm.

Casual Conversations at LVH-Muhlenberg

It will be held Feb. 4 at 2 p.m. in the ECC rooms.

February Service Anniversary List

See who is celebrating a career milestone.

Half-Off Membership to LVHN Fitness

Offer is available through February at One City Center.

Culture of Wellness Benefit of the Month

Mindful kids is a child wellness program for stress reduction.



Nominate a
Service Star



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a blog on LVHN.org containing timely
health information and health network
news.



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TERRY'S TAKE

Terry's Take: A Blizzard of Thanks

BY [TERRY CAPUANO](#) · JANUARY 27, 2016



I want to thank all of you who worked at Lehigh Valley Health Network during this most recent huge snowfall. This storm far exceeded snowfall amounts that were predicted, yet dire weather forecasts never stop those of you who work in our health network.

You plan. You sleep at the hospital or close by. You come to work knowing there is a long shift ahead of you. And you do it all for our patients. You are tireless and committed professionals, and I thank you on behalf of our patients, our community and myself for your



dedication to patient care.

In case you missed it, LVHN was prominently featured in a story on [Lehigh Valley Live](#) about area medical colleagues who were on the job for the duration of the storm. More than 6,600 people liked and shared the Lehigh Valley Live story, plus LVHN's own Facebook post about the same piece earned over 2,000 likes and shares. Kudos to you all!

If you have pictures, a story or some colorful details of our first snow storm of 2016, please respond and share. Our entire team would like to hear how you conquered the Blizzard of 2016 while providing care to patients who were – no doubt – glad you were there for them.

With gratitude,

Terry



The article, shared on LVHN's Facebook page, received over 70 comments and kudos to the staff. Click to read a small sampling of them.



Terry Ann Capuano

ABOUT ME: My name is Terry Capuano, RN and I am the executive vice president and chief operating officer at Lehigh Valley Health Network (LVHN). I have worked at LVHN for 30 years, serving as COO for the last five years. I greatly enjoy meeting colleagues, sharing stories and enhancing relationships throughout the network. [Learn More](#)

Tags: Access access and service employee recognition Terry Capuano

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Terry's Take: New Year, New Opportunities

19 JAN, 2016



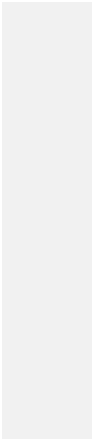
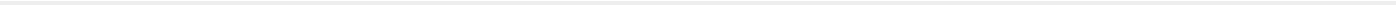
Changes to 402-TEST Improve Access and Service

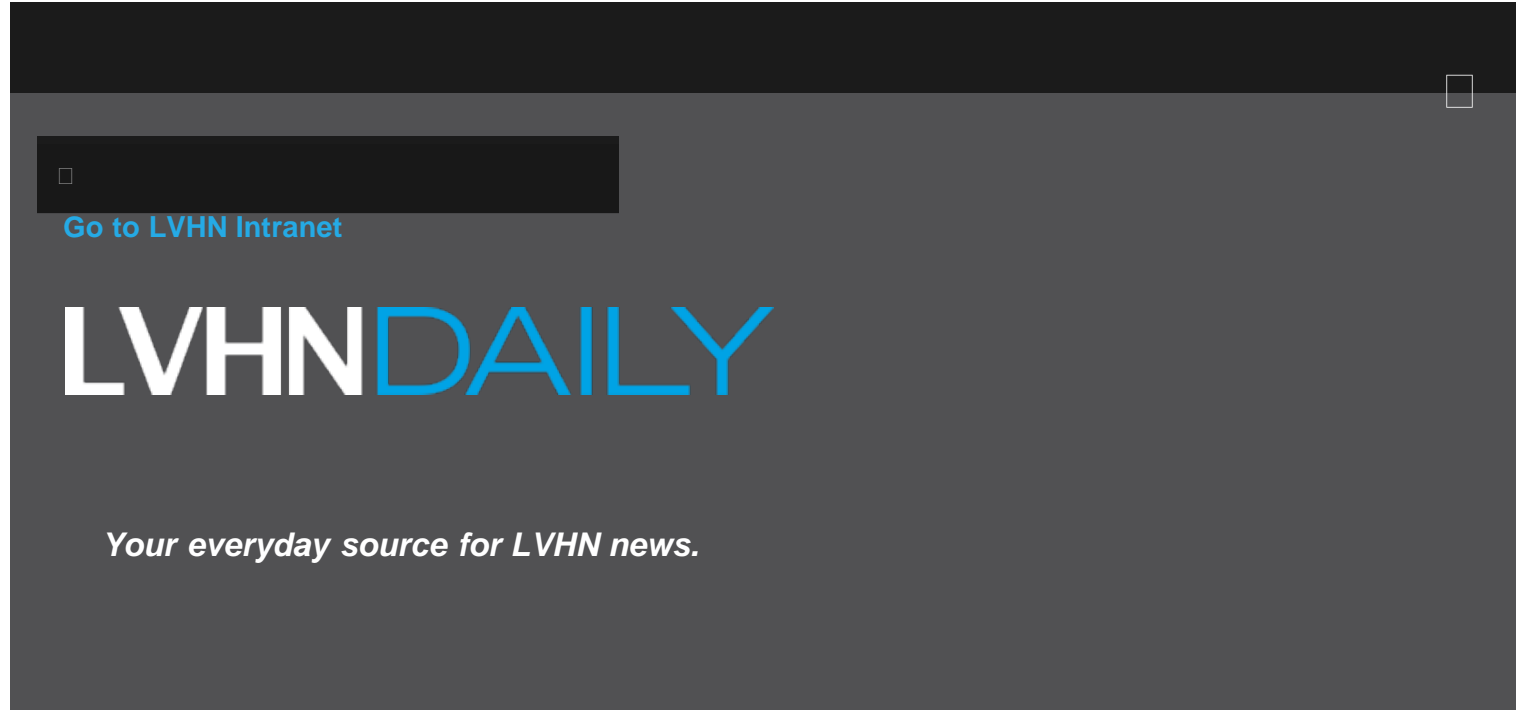
23 DEC, 2015



Terry's Take: Honor our Unsung Heroes

28 JUL, 2015





GOALS AND STRATEGY

Casual Conversations: Feb. 4 at LVH-Muhlenberg

BY [RICK MARTUSCELLI](#) · JANUARY 15, 2016

LVHN president and chief executive officer Brian Nester, DO, MBA, FACOEP, has one remaining Casual Conversations session this winter. At Casual Conversations, there are no scripts and no slides. It’s simply an opportunity to ask questions and share the things on your mind.

The remaining session will be held Feb. 4 from 3-4 p.m. in LVH–Muhlenberg ECC rooms B and C.

Don’t worry if you can’t make the beginning or need to leave early. You can come and go as you please during the session. So stop by, have a complimentary coffee, tea or water, and talk with our president and CEO.

A blue rectangular box containing text. The top line says "Casual Conversations" in a light green, handwritten-style font. The second line says "With Dr. Nester" in the same font. Below these lines, in a white sans-serif font, it says "Make plans to attend an upcoming session."

Tags: Brian Nester Casual Conversations Dr. Nester

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LVHN, PHS Sign Agreement to Merge

16 DEC, 2015



Charitable Mission Hearing

4 DEC, 2015



LVHN President and CEO Shares How ‘We’re
Creating a Better Health Care Experience’ at 2015
Annual Meeting – VIDEO

3 DEC, 2015

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BENEFITS , WELLNESS

Half-Off Membership to LVHN Fitness–One City Center

BY [NICHOLAS FRITZ](#) · DECEMBER 30, 2015

It's not too late to start your journey to better health and wellness in 2016. By popular demand, the membership discount offered in January has been extended through February 2016.

Was your resolution this New Year to start going to the gym? Maybe it was to begin attending fitness classes?

LVHN wants to help you accomplish these goals and save money while doing it.

If you become a member at our state-of-the-art [LVHN Fitness–One City Center](#) location in downtown Allentown through February, you'll get half-off your first full month's membership fee.

So if you're an adult (age 12-59), instead of paying the normal \$55 fee for your first full month, you'll pay just \$27.50. Additional discounts apply if you are a student, military member, if you take a family membership, or if you

50% OFF

Membership at LVHN Fitness–One City Center

are an LVHN employee. LVHN employees are eligible to receive Culture of Wellness reimbursement for fitness memberships with eight visits per month to the fitness center.

Membership entitles you to:

- Work out on more than 40 cardiovascular machines
- Use our complete line of weight-training equipment
- Participate in group classes
- Benefit from free, dedicated parking in the Eighth Street Arena Garage
- Utilize other [LVHN Fitness locations](#) (1243 S. Cedar Crest Blvd., Allentown, and 1770 Bathgate Road, Bethlehem)

Learn more about fitness membership benefits and [becoming a member](#).

To take advantage of this short-term special, call 484-862-3001.

Tags: [COW](#) [Culture of Wellness](#) [LVHN Fitness](#)

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Mindful Kids: The Culture of Wellness Benefit of the Month

29 JAN, 2016



Culture of Wellness Benefit of the Month:
Mindfulness-Based Stress Reduction

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Make Treads to LVHN–One City Center and get a Free Two-Day Pass

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BENEFITS , WELLNESS

Mindful Kids: The Culture of Wellness Benefit of the Month

BY [NICHOLAS FRITZ](#) · JANUARY 29, 2016

Mindful kids is a child wellness program for effective stress reduction. The curriculum teaches children practices that cultivate self-understanding, compassion and confidence. Children in fourth through sixth grades are welcome. The program includes six 90-minute classes over a six-week period. The cost for the program is \$150 per child. To be reimbursed the cost of the program through your Culture of Wellness benefit, the child must attend four of the six classes.

Here are this month’s Culture of Wellness events for raising a family:

Feb. 1, 7, 17, 21 and 29 – Maternity Tours

Feb. 6, 16 and 23 – Baby Care



Feb. 7 and 21 – Sibling Tours

Feb. 7 and 27 – Preparing for Childbirth (one-day class)

Feb. 9 and 25 – Breastfeeding

Feb. 10 – Parenting Workshops: Raising Boys

Feb. 11 and 29 – Car Seat Checks

Feb. 18 – CPR for Family and Friends

[Learn about all of our Culture of Wellness programs.](#)

Tags: [Culture of Wellness](#) [wellness benefit](#)

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Culture of Wellness Benefit of the Month:
Mindfulness-Based Stress Reduction

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Half-Off Membership to LVHN Fitness—One City Center

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STORIES ABOUT COLLEAGUES

Service Anniversary List – February 2016

BY [NICHOLAS FRITZ](#) · JANUARY 27, 2016

Happy anniversary to these colleagues celebrating a career milestone at LVHN in February.

40 Years

Robert Ruhf, Surgery Education Center

35 Years

Dwight Bitting, MedEvac

Diane Conley, cardiac catheterization lab

Debbie Schantz, home care

Doris Strobel, progressive coronary care unit

30 Years

- Susan Acker, radiology
- David Behler, pharmacy
- Nancy Bock, ICO staging and recovery
- Kathleen Cochrane, NICU
- Dian Compton, nurse staffing office
- Cheryl Dries, radiation oncology
- Cathyann Feher, department of surgery
- Jeanne Florian, 4KS
- Debra Gilson, LVPG Hematology Oncology-Muhlenberg
- Donna Hordendorf, obstetrics
- Nancy Kochenberger, obstetrics
- Donna McNamara, LVPG Obstetrics and Gynecology-1245 Cedar Crest
- Joelle Morehouse, home care
- Deanna Shisslak, parent education
- Richard Wagner, revenue cycle
- Marie Yost, Lehigh Valley Anesthesia Services

25 Years

- Stacey Goebert, Lehigh Valley Physicians Practice
- Rebecca Kapustiak, central scheduling
- Theresa Sanders, pharmacy
- Debra Yelovich, adolescent psychiatry

20 Years

- Angela Keck, Sleep Disorders Center

Gail Lutsky, partial hospitalization

Loretta Pendry, OR centralized scheduling

15 Years

Brenda Benner, 402-CARE

Treena Horn, perinatal unit

David Kopes, engineering

Suzanne Otto, LVPG Hematology Oncology-Muhlenberg

Alicia Quigley, nursing float pool

Rosemary Santayana, LVPG reimbursement

Michelle Sgrignoli, Children's ER

Amal Wehbeh, LVPG Pediatrics-17th Street

Sandra Wilsey, LVPG Urology-1250 Cedar Crest

Alan Yerger, engineering

10 Years

Judy Barreto Matos, hospice/home health

Gayle Burkhart, home care

Rebecca Conway, cardiac catheterization lab

Suzanne Cressman, Lehigh Valley Family Health Center

Samantha DeBlanco, adolescent psychiatric unit

Doris Delorey, medical records

Scott Donmoyer, information services

Robert Driscoll, pharmacy

Barbara Elliott, LVPG Pediatric Gastroenterology-1210 Cedar Crest

Leila Fay, ED registration

Mary Filiciotto, nurse staffing office

Stephanie Gehret, transitional skilled unit

- Richard Gould, NICU
- Trina Grace, NORI
- Mary-Elizabeth Gray, bed management
- Laurie Hauck, physical/occupational/speech therapy
- Ricki Kallish, 3A IPCU
- Ruthann Kaspern, clinical appeals-denial management
- Alicia Kocher, pediatrics
- Maria Leon, interpreter services
- Karen McArdle, 6C
- Robert Mee, information services
- Barbara Poland, Epic
- Nichole Reich, Weight Management Center
- Beatrice Rosario, LVPG Endocrinology-1243 Cedar Crest
- Hilda Sainz, patient receivables
- Jill Schappell, LVPG Pediatric Gastroenterolgy-1210 Cedar Crest
- Noreen Schneck, radiation therapy
- Linda Schwartz, library services
- Erica Thompson, Epic
- Sarah Tulio, case management
- Wendy York, LVPG Family Medicine-Moselem Springs
- Vincent Zimbardo, diagnostic radiology
- Gwynneth Zimmerman, LVPG Cardiology-1250 Cedar Crest

5 Years

- Heather Bankos, NICU
- Paul Berkowitz, enterprise analytics
- Barbara Berutti, LVPG Neurology-Muhlenberg

- Gerald Broniec, respiratory care services
- Kimberly Bucha, 6T
- John Butler, supply distribution services
- Jessica Calixto, 4T
- Sarah Case, Neuroscience ICU
- Robert Clark, hospice/home health
- Michelle Collazo, LVPG billing
- Lauren Coombe, LVHN Fitness
- Elizabeth Corkery, health care analytics
- Marisa Cruz, hospice
- Julie DiGuardi, MICU/SICU
- Brenda Dwinal, cancer data management
- Lillian Espinosa, patient accounting
- Morgan Fick, NORI
- Susan Foster, NICU
- Janis Frederick, case management
- Joseph Griffin, operating room
- Susan Hansen, department of family practice
- Kimberly Kuhns, LVPG Urogynecology-Pond Road
- Amie Lacey, 7B
- Heather Lifschutz, adult psychiatry unit
- Amy Lombana, Cancer Center multipurpose area
- Dawn Malone, department of emergency medicine
- JoAnne Martes, 5K
- Kevin McQuaite, performance improvement
- Nicole McTague, LVPG Family Medicine-Trexlerstown
- Robin Metzler, information services
- Bianca Mokgethi, hospitalist program

- Sherri Norris, health care analytics
- Denisse Rivera Santos, patient accounting
- Luis Rodriguez, Lehigh Valley Anesthesia Services
- Adrianne Rohs, EEG
- Jenna Romig, case management
- Altagracia Salazar, Children’s Clinic
- Darling Santos, cancer support services
- Mandula Seneviratne, speech and hearing
- Scott Sevinsky, rehabilitation services
- Peggy Jo Shea, patient accounting
- Jennifer Smith, outpatient registration
- Christine Stanton, Regional Heart Center-Medical
- Lisa Stauffer, LVPG Internal Medicine-West Broad
- Brian Sterner, information services
- Andrea Travisano, 4K
- Sylvia Trengue, nursing float pool
- Michael Umstead, Neuroscience ICU
- Dena Wich, LVPG Hematology Oncology-Muhlenberg
- Jessica Woodward, operating room
- Kara Yanni, 6B
- Kimberly Zarzecki, women’s specialty float pool

Tags: Service Anniversary

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28 DEC, 2015



Service Anniversary List – December 2015

30 NOV, 2015



Service Anniversary List – November 2015

30 OCT, 2015

